



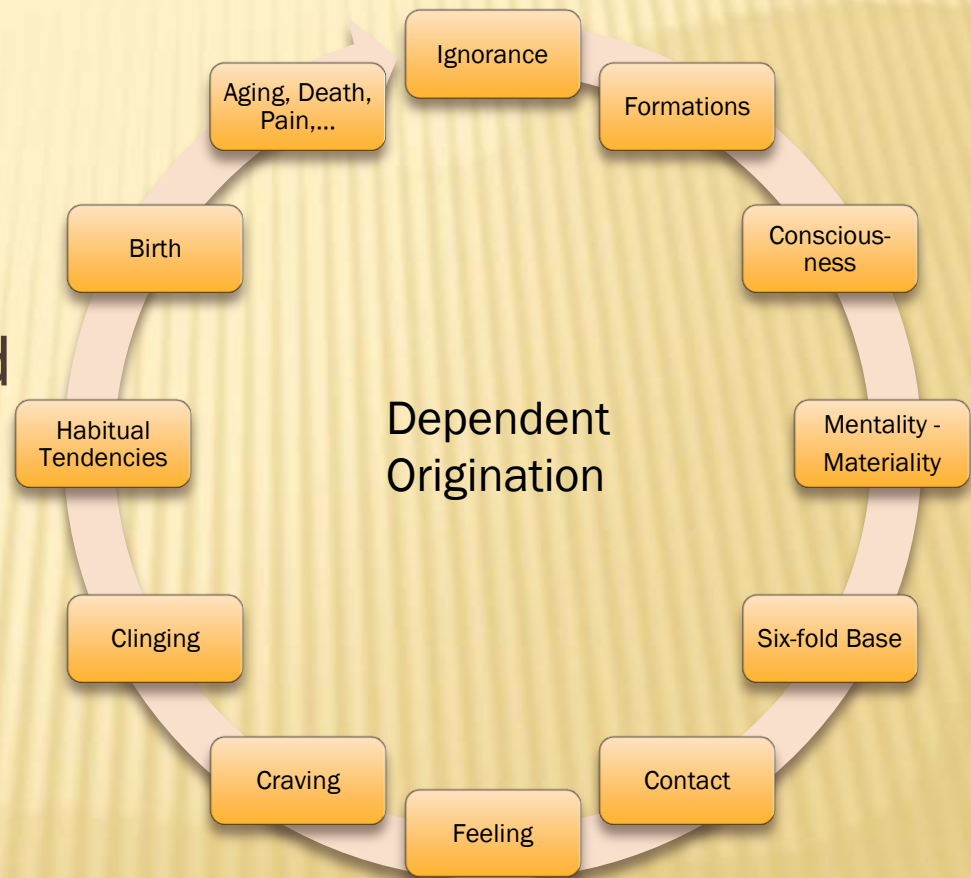
Bhante Vimalaramsi

Dhammasukha Meditation Center

**SIMPLE, EASY TO UNDERSTAND
MINDFULNESS**

WHAT IS MEDITATION?

Meditation (Bhāvanā) is “observing how mind’s attention moves moment-to-moment in order to see clearly and precisely ‘HOW’ the impersonal (anattā) process of Dependent Origination (Paticca Samupāda) occurs



WHAT IS MINDFULNESS

Mindfulness is “remembering HOW to observe mind’s attention as it moves moment-to-moment and remembering what to do with any arising phenomena!”

Successful meditation needs a highly developed skill of Mindfulness. The “6R’s” training taught at Dhamma Sukha Meditation Center is a reclaimed ancient guidance system which develops this skill.

THE 6 R'S

Development of mindfulness (one's observation power) recollects each step of the practice cycle.

Mindfulness is like the arrow that recollects to move to the next step.



RECOGNIZE

Recognize



Release



Relax



Re-smile



Return



Repeat

Mindfulness recollects how the meditator can recognize and observe any movement of mind's attention from one thing to another.

This observation notices any movement of mind's attention away from an object of meditation.

With careful non-judgmental observation, the meditator will notice a slight tightening sensation.

RELEASE

Recognize



Release



Relax



Re-smile



Return



Repeat

When a feeling or thought arises, the meditator RELEASES it, let's it be there without giving anymore attention to it.

The content of the distraction is not important at all, but the mechanics of HOW it arose are important!

Just let go of any tightness around it; let it be there without placing attention on it.

RELAX!

Recognize



Release



Relax



Re-smile



Return



Repeat

After releasing the feeling or sensation, and allowing it to be without trying to control it, there is a subtle, barely noticeable tension within mind/body.

Craving always first manifests as a tightness or tension in both one's mind and body!

One has a momentary opportunity to see and experience the true nature and relief of cessation (of tightness and suffering) while performing the RELEASE/RELAX steps.

RE-SMILE

Recognize



Release



Relax



Re-smile



Return



Repeat

Learning to smile with mind and raising slightly the corners of the mouth helps mind to be observant, alert and agile.

Getting serious, tensing up or frowning causes mind to become heavy and one's mindfulness becomes dull and slow.

One's insights become more difficult to see, thus slowing down one's understanding of Dhamma.

RETURN / RE-DIRECT



Gently re-direct mind's attention back to the object of meditation (that is the breath and relaxing, or metta and relaxing) continuing with a gentle collected mind to use that object as a "home base".

In daily life, having been pulled off task, this is where one returns their attention back to releasing, relaxing, and re-smiling into the task.

REPEAT



Repeating the “6R’s cycle” over and over again eventually replaces old habitual suffering.

The reasons are because we:

- ✘ See and experience for ourselves what suffering actually is;
- ✘ Notice the cause, which is becoming involved with the tension and tightness in any way;
- ✘ Experience how to reach the cessation by releasing and relaxing;
- ✘ Discover how to exercise the direct path to that cessation of suffering that we cause ourselves.

SUMMARY

Sharpening the skill of mindfulness is the key to simple and smooth meditation.

Developing mindfulness, knowledge and wisdom grow naturally as one sees HOW things work by witnessing the impersonal process of dependent origination.

The practitioner's degree of success is directly proportional to how well they understand mindfulness, follow the precise instructions, and use the "6R" practice in both the sitting practice and in one's daily life.

CONTACT



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